2015 Website Program Description

The Monroe Institute® proudly welcomes International trainers Luigi Sciambarella and Thomas Hasenberger, to guide you on an experiential journey into the fascinating world of Lucid Dreaming. Join us for a 5-day/6-night intensive exploration of the ***waking*** dream world.

Over the course of your time with us you will learn various techniques to enter the ***portal of dream consciousness***. Using a blend of patented Hemi-Sync® brainwave entrainment technology coupled with powerful mindfulness meditation techniques, you will discover how to experience lucid dreaming without losing consciousness!

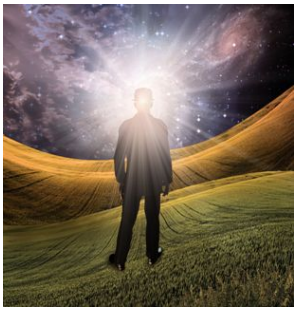
Enter the Portal of Dream Consciousness. Awaken to a New Reality.

I AM READY TO EXPLORE!

Back by popular demand, our Lucid Dreaming Intensive, developed by Luigi and Thomas of The Monroe Institute UK, is being ***offered for the second year in a row!*** The tools and techniques you will learn are based on a combination of ancient wisdom and cutting-edge brainwave research.

You will have the unique opportunity to dive deeply into the practice of lucid dreaming. Explore the many aspects of consciously experiencing your dreams such as:

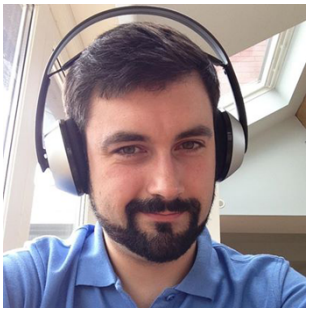
- Interacting with your dream state
- Inducing dream content
- Working with dream helpers
- Navigating the wheel of consciousness
- Safely performing the physically impossible, such as flying, breathing underwater, and soaring deep into space
- And many more!



Wake up while in your dream state and unlock your potential!

I AM READY TO EXPLORE!

Your Guides for this Exploration:



Luigi Sciambarella's journey into the exploration of consciousness began at an early age. His early non-physical and lucid dreaming experiences left him with the knowledge that there is much more going on than what we can perceive through our physical senses. He became increasingly interested in understanding different aspects of mind and consciousness which resulted in obtaining a BSc in Psychology. After being introduced to Bob Monroe's tools and research, he became very interested in the simplicity of using non-invasive technology to explore and expand human potential. Luigi is a residential trainer of The Monroe Institute UK and co-creator of the ***Lucid Dreaming Intensive***.

Thomas Hasenberger is an Outreach Trainer in Germany and the LCN Regional Coordinator for Europe. He has a background in mechanical engineering, consulting and auditing (especially for educational organizations), and currently works for a German institute which educates psychotherapists. Thomas has been using Hemi-Sync in daily practice for over 10 years, and has applied the technology in his teachings and lectures on thanatology, lucid dreaming, meditation and mindfulness practices. Thomas is an experienced lucid dreamer and has shared his knowledge and insights extensively in Germany, Belarus and Austria.

Your Facility for this Exploration: The Monroe Institute

TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 30 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have journeyed to our facilities looking to expand their consciousness and discovering many of the answers to life's mysteries along the way.

Awaken to your dream state.
Explore your untapped potential.

I AM READY TO EXPLORE!

Our Lucid Dreaming Program empowers you with the extraordinary ability to dream consciously. Through understanding how to interact with your dream state, you will in turn, discover how to live an awakened life. During your exploration of the Lucid Dreaming space, you have the potential to:

- Develop greater self-awareness
- Experience consciousness as a continuum
- Discover hidden aspects of yourself
- Release fears and self-limiting beliefs
- Learn to heal yourself of emotional and physical issues
- Find artistic expression and insight
- Discover a greater, more holistic view of reality
- Gain profound inner wisdom
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Just imagine how awakening awareness of your dreams can powerfully transform your life forever!

I AM READY TO EXPLORE!

Don't take our word for it. Here are what our voyagers (past participants) have to say about their personal experience with this program.

"The Lucid Dreaming Intensive Program was one of my favorite programs and one that I would definitely like to take again in the future. At night, we learned to become aware of our dream state but also become aware that we are actually in the dream and co-creating the dream. We learned that our dreams can be a great source of inner guidance and problem solving. My favorite experiences during the program occurred during the daytime exercises where we learned to do some inner healing, relaxation, OBE work and connecting with higher conscious levels in the universe, and meet and connect with death. It was a week full of exciting revelations and new experiences beyond this physical body of mine." ~ Virginia (Ginna) Colburn, 2014

"Lucid Dreaming is one of the best programs I've taken at TMI! I was challenged to redefine my distinctions between waking and sleep, between life and death. For the first time I experienced, rather than understood, consciousness as a continuum. Profoundly "serious" content was introduced in a fun, lighthearted manner, allaying possible fears. The Lucid Dreaming Program was surprisingly powerful and farther reaching than I expected." ~ Leslie France, 2014

"Of all the programs I've done in the past 23 years, I have to rate the Lucid Dreaming Intensive as one of the best. Luigi and Thomas designed a program that matches today's faster-paced, more naturally interactive way of being. This new approach, combined with the SAM technology, made for an entirely different and more powerful experience. I think we all enjoyed it a great deal, and got a lot out of it, and I'm tempted to do it again." ~ Frank Demarco, 2014

I found the Lucid Dreaming Intensive program to be very well done. I think the instructors were excellent and the content will be a source of guidance and inspiration to come. ~ Ted Fullerton, 2015

An excellent course to develop what human beings do naturally and work with dreams to better ourselves, and our universe. ~ Jason Hurley, 2015

Our Powerful All-inclusive Lucid Dreaming Intensive Program Offers:

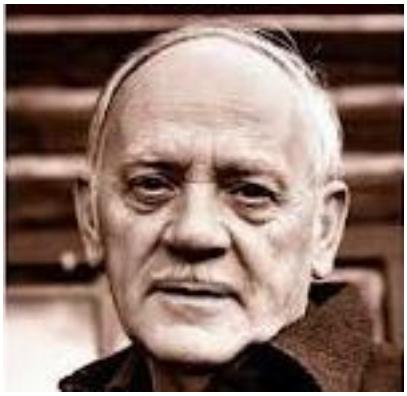
- Daily Lucid Dreaming exploration facilitated by our skilled trainers
- 6-night semi-private accommodations
- 3 delicious home-style meals a day
- Daily yoga classes
- Transportation to and from airport (see details)
- As well as access to walking/hiking trails, complimentary WiFi and massage therapy upon request (additional fee).

This Lucid Dreaming Intensive Program is only offered at The Monroe Institute twice this year and has nearly reached half capacity already!

We highly recommend reserving your space right away!

Dream Consciously. Live an Awakened Life.

I AM READY TO EXPLORE!



“Go experience for yourself.” ~ Robert Monroe

*Note: Every Lucid Dreaming experience is unique to the individual. No one experience is like any other. Each participant will have an experience in ways consistent with their needs and beliefs.

Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Monroe Products.